

Name: ..... Date: .....

**Short SCID - II screener**

THESE QUESTIONS ARE ABOUT THE KIND OF PERSON YOU GENERALLY ARE, THAT IS, HOW YOU USUALLY HAVE FELT OR BEHAVED OVER THE PAST SEVERAL YEARS. CIRCLE "YES" OR "NO". IF YOU DO NOT UNDERSTAND A QUESTION, LEAVE IT BLANK.

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|-----|---|----|-----|
| 1.  | Have you avoided jobs or assignments that involved having to deal with a lot of people?   | NO | YES |
| 2.  | Do you avoid getting involved with people unless you are certain they will like you?  | NO | YES |
| 3.  | Do you find it hard to be "open" even with people you are close to?   | NO | YES |
| 4.  | Do you often worry about being criticised or rejected in social situations?   | NO | YES |
| 5.  | Are you usually quiet when you meet new people?   | NO | YES |
| 6.  | Do you believe that you're not as good, as smart, or as attractive as most other people?  | NO | YES |
| 7.  | Are you afraid to try new things?   | NO | YES |
| 8.  | Are you the kind of person who focuses on details, order, and organisation or likes to make lists and schedules?                        | NO | YES |
| 9.  | Do you have trouble finishing jobs because you spend so much time trying to get things exactly right?                                   | NO | YES |
| 10. | Do you or other people feel that you are so devoted to work (school) that you have no time left for anyone else or for just having fun? | NO | YES |
| 11. | Do you have very high standards about what is right and what is wrong?  | NO | YES |
| 12. | Do you have trouble throwing things out because they might come in handy some day?  | NO | YES |
| 13. | Is it hard for you to let other people help out if they don't agree to do things exactly the way you want?                              | NO | YES |
| 14. | Is it hard for you to spend money on yourself and other people even when you have enough?   | NO | YES |
| 15. | Are you often so sure you are right that it doesn't matter what other people say?   | NO | YES |
| 16. | Have other people told you that you are stubborn or rigid?  | NO | YES |
| 17. | Do you often have to keep an eye out to stop people from using you or hurting you?  | NO | YES |
| 18. | Do you spend a lot of time wondering if you can trust your friends or the people you work with?   | NO | YES |

19.	Do you find that it is best not to let other people know too much about you?	NO	YES
20.	Do you often pick up hidden meanings in what people say or do?	NO	YES
21.	Are you the kind of person who holds grudges or takes a long time to forgive people who have insulted or slighted you?	NO	YES
22.	Are there many people that you can't forgive because they did or said something to you a long time ago?	NO	YES
23.	Do you often get angry or lash out when someone criticises or insults you in some way?	NO	YES
24.	Have you often suspected that your spouse or partner has been unfaithful?	NO	YES
25.	Have you often become frantic when you thought that someone you really care about was going to leave you?	NO	YES
26.	Do your relationships with people you really care about have lots of ups and downs?	NO	YES
27.	Have you abruptly changed your sense of who you are and where you are headed?	NO	YES
28.	Does your sense of who you are often change dramatically?	NO	YES
29.	Have there been lots of sudden changes in your goals, career plans, religious beliefs, and so on?	NO	YES
30.	Have you often done things impulsively?	NO	YES
31.	Have you tried to hurt or kill yourself or threatened to do so?	NO	YES
32.	Have you ever cut, burned, scratched yourself on purpose?	NO	YES
33.	Are you a "moody" person?	NO	YES
34.	Do you often feel empty inside?	NO	YES
35.	Do you often have temper outbursts or get so angry that you lose control?	NO	YES
36.	Do you hit people or throw things when you get angry?	NO	YES
37.	Do even little things get you very angry?	NO	YES
38.	Do you get suspicious of other people or feel especially spaced out when you are under a lot of stress?	NO	YES